



Fremont Multi-Service Senior Center
40086 Paseo Padre Parkway (at Lake Elizabeth)
Fremont, CA 94538
790-6600 • 494-4539 (T.T.Y.) •
www.fremont.gov

December

2005

Lunch: 12 noon (daily)
Information Line: 790-6610 (Menu & Activities)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 			1 8:15 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10 – 3 Blood Pressure Screening 10:30 Yoga/Stretch 11:30 ECHO Housing, Reverse Mortgage Counseling 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" band (\$4)	2 9:30-3 Washington on Wheels 8:15-12 AARP Driver Safety (must register, fee) 8:30 Walkers 9:00 Pinochle, Canasta 9:00 Card games 10:00 Bridge 12:15 NARFE MEETING 1:00 Piano/Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi
5 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:30 Quilter's Lab 12:30 Healthy Lifestyles 1-4 Footcare-Tri-City-appt 1:00 Painting Class 1-3 Circles of Care: Caregivers Support Human Services 1:45 Large Conf. Room 1:45 Interm Spanish	6 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:15 Senior Fitness 9:30 -12:30 B. P. Screening 10:00 Creative Writing 10:30 Speaker: Charu Davé, R.P.T, "What's New in Physical Therapy" 11:00 Paratransit Info & Reg (make an appt) 12:30-3:00 Karaoke-Com Cen 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support, FRC 3:00 Tai Chi(Beg) 4:00 (Adv)	7 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 9:00 Canasta 10:00 Bingo! 10:00 Current Events- Pakistan 12:30-2:30 Medicare Counseling (appt.) 1:00 Pinochle & Canasta 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	8 8:15 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10 – 3 Blood Pressure Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	9 8:15-12 AARP Driver Safety (must register, fee) 8:30 Walkers 9:00 Pinochle/Canasta 9:00 Card Games 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Birthday Party! Entertainment by Mission San Jose High School Students 1:00 Piano/Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi
12 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton Plaza) 11:00 AARP Social Time 11:30 Holiday Songs by 4-6th Graders from Montessori School of Fremont 12:00 AARP Pot Luck – Members Only 12:00 Bridge 12:30 Beg Spanish 12:30 Quilter's Lab 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish	13 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:15 Senior Fitness 9:30 -12:30 B. P. Screening 10:00 Creative Writing 10:30 Indo-Amer. Seniors 11:00 Paratransit Info & Reg (make an appt) 12:00 Holiday Lunch,\$5 & \$7 1:00 Holiday Concert by the Fremontaires 12:45 Crafts 12:30-3:00 Karaoke-Com Cen 1:00 Bridge 1:45 Fremontaires 3:00 East Indian Seniors 3:00 Tai Chi(Beg) 4:00 (Adv)	14 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 1-4:45 Afghan Women 1:00 Pinochle & Canasta 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	15 8:15 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 9-12 Blood Pressure Screening 1-4 Footcare-Tri-City-appt 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	16 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 10:00 Bridge 1:00 Pinochle & Canasta 1:00 Piano/Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi
19 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9-12 Hearing Screening Grandparents and Grandchildren's Breakfast \$5, \$7, \$3 (12 & under) Entertainment and Santa Claus 10:00 Harmonica (Carlton Plaza) 12-3 Pakistani Women 12:30 Beg Spanish 12:30 Games 12:30 Quilter's Lab 12:45 Healthy Lifestyles: 1:00 Painting Class 1:45 Interm Spanish	20 NO LUNCH TODAY M/P Floors Rebuilt A Wing Classes at Community Center 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:15 Senior Fitness 9:30 -12:30 B. P. Screening 10:00 Creative Writing 11:00 Paratransit Info & Reg (make an appt) 12:45 Crafts 12:30-3:00 Karaoke-Com Cen 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support, FRC 3:00 Tai Chi(Beg) 4:00 (Adv)	21 NO LUNCH TODAY M/P Floors Rebuilt A Wing Classes at Community Center 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Current Events 12:30-2:30 Medicare Counseling (appt) 1:00 Pinochle & Canasta 1:00 Mah Jongg 2:00 GO 6:30 Tole Painting Class 7:00 Woodcarvers	22 NO LUNCH TODAY M/P Floors Rebuilt A Wing Classes at Community Center 8:15 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10 – 3 Blood Pressure Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	23 Christmas Holiday Senior Center Closed
26 Christmas Holiday Senior Center Closed	27 9:00 am – 1:00 pm No Classes Lunch at noon.	28 9:00 am – 1:00 pm No Classes Lunch at noon.	29 9:00 am – 1:00 pm No Classes Lunch at noon.	30 New Years Holiday Senior Center Closed